

UNITY DAILY WORD

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Revealing to You
**Your Health, Prosperity, and
Happiness**

November, 1929

"In the World, but Not of It"

"Disciplining Thought"

"The Dividends of Optimism"

"Finding Ourselves in Heaven"

A Page of Inspiration for Each Day

SILENT UNITY CLASS WORDS

October 20 to November 19

God in the midst of me is mighty to quicken and to illumine.

Through the power of God in Christ Jesus I am saved from sin, sickness, and death.

Through the power of God in Christ Jesus I am saved from the thought of lack, and I am made rich in all my affairs.

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UNITY DAILY WORD

A little companion that daily will direct your steps to the sun-tipped heights in whose glory you will behold the son of God, for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

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PERFECT MAN

The Perfect Man is a spiritual being. Were the ocean scorched up he would feel no heat. Were the Milky Way frozen, no cold. Hurrying thunderbolts might split the mountains and winds storm the ocean, and he would not tremble. Being what he is, he rides the clouds and passes beyond the external and the sun and the moon. Since death and life have no dominion over him, how much less can thoughts of advantage or injury?—*Chuang Tsu, a Chinese philosopher who lived in the third century before Christ.*

ENOUGH TO KNOW

I know not how, nor when, nor why,
I can but this, on God rely;
His Truth, His love, eternal flow;
God's life! This is enough to know.

I rest content whate'er betide,
For love and peace with me abide;
I care not how my footsteps go;
God guides! This is enough to know.

I know not when I shall forsake
All sin, and in His likeness wake,
But to Christ's stature I shall grow;
God reigns! This is enough to know.

I know not why sometimes I fall,
Seem to forget that God is all;
I grasp His outstretched arms, and lo!
God is! This is enough to know.

—*Frances S. Clark.*

DISCIPLINING THOUGHT



VERY student of Truth at some time comes to the period in his development when he looks for some easy method of disciplining his thinking. He may observe how easily some teacher or healer is able to do this and, consequently, he seeks to find the short cut for himself. He tries every known method of concentration and various systems of holding a silence. His enthusiasm in the matter may cause him to try so hard to concentrate that he becomes quite tense mentally and, therefore, not able to enter spiritual consciousness so easily as formerly.

Because of the false teaching that right thinking alone does the work, undue stress is given to concentration and thought. The truth is that most systems of disciplining thought depend upon such strenuous exercise of will power that right thinking becomes a god to many students.

Right thinking has but one place: it is the connecting link between man and Spirit, the link between the mind of man and the mind of Spirit. We can easily agree upon the truth of this statement, since only by thinking right can man think Truth.

Right thinking is not the goal. It is but the way by which the goal is reached. By right thinking man corrects his thought. Therefore we can see that right thinking is responsible for the removal of limited and false beliefs and also for the establishment of new beliefs in keeping with Truth. Many persons unac-

quainted with Truth say, "But do you not over-emphasize thinking?" The answer, in the form of a question, is simple: "What can we do but think ourselves out of the situations into which we have thought ourselves? How can we have a conversion of heart, a change of mind, but by changing our thought and thinking heavenward?"

Jesus taught, "Ye shall know the truth," and certainly there could be no way of knowing the truth save through right thinking. We seek to discipline our thinking so that we may always be thinking right.

The easiest way to discipline your thinking is by first knowing Truth. Knowledge of Truth gives you a blue print by which to work. Then this mighty truth dawns upon you:

When you thoroughly agree that the Truth of Christ is the truth about your own life, you conform your thinking to it without strain or difficulty.

Do you not see that your understanding Truth and your accepting it as the very truth of your own life save you from the laborious process of denials and affirmations, the work of disciplining your thinking, and the business of trying to keep your good thoughts separated from evil ones? Does not this idea, this method, revolutionize the whole system of concentration and thought discipline?

If you accept the truth that you are the son of God, why go on thinking of yourself as imperfect or diseased? Can you not make the truth of the perfection of the son of God so

thoroughly the truth about yourself that you cannot think of yourself as falling short of divine perfection?

If you accept the truth that "greater is he that is in you than he that is in the world," does not the matter end there? After concentrating or trying to goad your mind into believing this teaching, are you any more willing to accept it than you were *before*? Is your loyalty to the teachings of Jesus or His disciples something that is increased by concentration? Do you have to think *and think* before you are willing to accept Truth?

The highest and easiest form of thought discipline is that whereby all our thinking is simply the result of knowing and accepting Truth. The most difficult way of disciplining thought is that of trying to browbeat the mind into accepting Truth, doing this through intensive thinking of good thoughts so that evil thoughts can have no place.

Do you have difficulty in disciplining your thoughts? Then this indicates that you have not been convinced of the truth of what you are trying to establish in your consciousness. Are you convinced that two and three make five? Do you mentally agree to the truth of this proposition? Then your thought is disciplined and under no condition or situation can you be made to believe that two and three make seventeen.

Think what a tedious matter it would be to have to hold a silence several times a day to deny that two and three make seventeen and

to affirm that two and three make five! It would seem as if man more readily accepted a mathematical, scientific, or material fact than he did spiritual and absolute Truth.

The test of your progress in Truth is whether or not you are convinced that the absolute truth about man is the absolute truth about yourself. When you gain this conviction, the business of concentrating and disciplining your thought is virtually reduced to nothing. If you will get the realization of your own relation to the truth that you have learned you will make contact with the Spirit of truth.

How can you keep from thinking about fear, hate, and disease? Simply by considering these as the nothings of life. They are the things that cannot merit the attention of your thought. Be convinced of this fact! Your conviction may meet a challenge. Without warning you may be called upon to prove the nothingness of fear, hate, or disease. You may be called upon to turn quickly, almost instantaneously, to the truth that the supreme fact of your existence is God and that God is love, and life.

When you have gained an understanding of the truth referred to in this message you will be able to turn instantly to God, divine Truth, and to know that He alone is the incontrovertible fact of your existence. In the higher realm of mind your thought will be disciplined, strengthened to know that only Truth is true, that only God is God, and that only that which is, not that which is not, can endure and be a part of you.

IN THE WORLD, BUT NOT OF IT

YOU MAY ask, "How do Unity students keep themselves detached from personality, vexing situations, and chaotic conditions in the world?" No doubt you have wondered just what your own relation to the world should be and to what extent you should be influenced by it. Possibly one of the biggest questions in your mind is the one of your relation to outside conditions, and most of your difficulties come through a lack of understanding of how to adjust yourself to the world, its people, and its affairs.

In the teachings of the Orient, a great deal is said about the world's being illusion. We of the western world gave little credence to this interpretation of life until its truth dawned upon us as a result of our studying practical Christianity. Previously we had thought little of the all-powerfulness of God. Through studying Truth we came to the realization that if God, the good, is all in all, then that which appears in the world as opposed to God must be illusion. There could be no other conclusion.

Knowing the impersonality of Spirit and life, we are not affected by personality. Realizing the omnipotence of God, we turn from the seeming power that evil, disease, hate, and fear would exercise over us. Knowing that God, the Spirit of life and truth within us, can have no opposite, we come to the conclusion that the thing in the external world which appears unlike God must be illusion, without existence in Truth, without truth of being.

At this point some one says to us, "But if all is good, if God is one with creation, there can be no separation between that which is within man and that which is without him, between good and evil, between Spirit and matter." Now, what happens? Is all your former argument, all your foundation of understanding, rooted up? Then while you are still in a state of perplexity your friend may try to clinch his point by quoting the Scripture, "God so loved the world." Can you still stand firm?

Can there be any separation between Spirit and manifestation? That depends upon the manifestation. If that which appears is unlike Spirit, the ideal, the perfect, the absolutely true, then the manifestation falls short of perfection. There is a flaw in the manifestation. In the ideal, of course, Spirit and the perfect manifestation of Spirit are one, eternally perfect and forever unified. The separation of that which is within man and that which is without him comes because the outer world does not take on the perfect nature of inner Spirit. Only in the ideal, in the absolute, is all manifestation spiritual and good.

"God so loved the world" because through spiritual eyes He saw the world as the manifestation of Spirit. He saw the world in its ideal state. He conceived of it not as worldly but as perfect manifestation. Those with mystical vision declare that even in manifestation the world is in a state of becoming, becom-

ing less material, becoming more like its Creator.

God is eternally one with His creation, but all that appears is not the product of the mind of God. The pains and woes of creation must be attributed to thoughts of man, thoughts unspiritual, thoughts betraying an ignorance of God and of Truth. "But all is good," some one offers. Yes, all is God—good—in the ideal, the perfect, the absolute.

Remember that the seeming flaw in the argument that all is good comes from your seeing something in this allness that does not exist in Truth. Man will be in a state of consciousness wherein he can image or imagine vain things until he evolves into the perfect spiritual consciousness. His vain imaginings cannot be accepted as part of God's perfect plan now in process of unfolding, neither can he legitimately ask that they be explained as part of God's world.

The statement, "All is good," is both true and untrue. It is true of the ideal, Spirit, the perfect. It is untrue of that which has no truth back of it. If a statement of Truth seems to be confusing to you, ask yourself if the statement is made in an absolute way or whether it refers to conditions as they appear. There are many statements that are true according to the absolute view of life that are untrue according to appearances.

Your relation to the world—to its people, things, and events—can be explained only through your consciousness of the true, spirit-

ual world within you. As a student of Truth, you are called upon to live physically in a world that to an extent falls short of your ideal. Your duty is not to quarrel with it; not to let its people, things, or circumstances make you unhappy; not to let it master you.

As a student of Truth, you cannot let yourself become identified with the fears, hates, and evils of the world. You cannot be of this world, even though you physically live in it. Spiritually you live in the world of the ideal, the world of good, the world of God. You must live in the inner world of Spirit, the world of health, love, and perfection, to such an extent that your outer world will take on a similar character.

The metaphysical viewpoint of life, this spiritual aspect of the world, may still hold some mysteries, but ask yourself the simple question, "What else could be done?" What else can you do but accept God, the good, as all in all? What else can you do but dismiss that which is unlike God as nothing, as without reality in Truth, as simply illusion? Since you find yourself in the world what else can you do but refuse to identify yourself with worldly shortcomings, fear, evil, and hate? There remains for you only to relate yourself with all that is noble, high, and good. Is this not a good philosophy of life?

Can you think of a more ideal life than to dissociate yourself from all that is inharmonious and to relate yourself to all that is good? Such is the way of Truth, the way of God.

THE DIVIDENDS OF OPTIMISM



THE OPTIMIST has a way of attracting the very best in life to himself. His bright and sunny smile pierces the veil of adversity that may seem to obscure his blessings, and he sees the very richest gifts of the Father as coming to him. No mental fog or adverse belief can keep his sun from shining. No pessimistic thought can down his optimism. He is optimistic because he lives in a world of optimism.

What are the rewards for being optimistic? First, the very viewpoint of life that makes an optimist is one that reveals to him a world far different from that of the pessimist. The optimist lives in heaven. His sunny disposition creates a sunny world about him. His joyful nature keeps him in a world of joy, even though all the pessimists in the world may try to dampen his spirits.

Secondly, the optimist is usually healthy. His feeling of joy, youth, and exhilaration keeps his body forces in order. We cannot think of an optimist's having a sluggish liver, impure blood, or a poor digestion. His sunny disposition would seem to have a way of getting right into the body cells, right into the composition of the blood, and therein setting up a condition of happiness and a feeling of well-being.

Thirdly, the optimist through sharing his sunniness with others learns to become a good receiver. All of us enjoy giving things to the optimist because he always enters into the spirit of the gift. The optimist will get more out of

a little note of blessing than the pessimist would get out of a fortune. Somehow, blessings just seem to be drawn to the person with a happy disposition.

Fourthly, although the optimist may not be conscious of the power within him that carries him through adverse situations, yet that power must be recognized as the power of God. We think of the optimist as just a little nearer to God than any one else. We think of him as having found a very practical religion because he is always doing good, always looking on the bright side of life, always directing our thought forward and upward.

If we were to mention the dividends of pessimism we would be compelled to say that there are none. Surely, unhappiness, bad temper, body sluggishness, and lack of friendships could not be counted as dividends. The pessimist lives in a world narrowed by narrow beliefs until it becomes as nothing to him. Nevertheless, our pessimist is in a state of becoming. He, too, will discover that he is looking through the wrong end of the telescope at the world and its inhabitants. He, too, will eventually give up his murky thoughts and bad feelings. He, too, will turn optimist.

So, we see that another dividend of our being optimistic is that of our being able to convert others to the cause of optimism. The greatest missionary in the world is the person with a sunny disposition who smiles through adversity and leads others into the way of peace, joy, health, and plenty—the way of God.

THINK

By GEORGIE C. THOMAS

Think of the matchless, great work of the Truth;

Think of the glory, the hope of your youth;

Think of the gladness and joy of the hour;

Think of the beautiful, perfuming flower;

Think of God's blessings from day unto day;

Think of His guidance as you wend your way;

Think of the open door calling to prayer;

Think, then, and go apart, entering there.

Think now of souls who are weak and afraid;

Think of your strength and then lend them your aid;

Think of the Truth that has freed you from care;

Think of the others who long for their share;

Think of the world and your good on the way;

Think how your smiling will bless each friend's day;

Think of your life and your freedom from sin;

Think of the fold of sweet peace. Enter in!

Think of your life, full of joy, full of fun;

Think well of serving, of service begun;

Think of sweet moments, how swiftly they fly;

Think: "Here's my heaven. It's not in the sky."

Think of your fears as now swept far away;

Think of the thrills of a glorious new day;

Think of the prize you will win at the goal;

Think of the Spirit that lifts up your soul.

FRIDAY, NOVEMBER 1

My Keynote for Today: Every anxious thought is banished from my mind because I live in the care free spirit of knowing God.



TO ONE who is in the understanding of Truth there can be no anxiety, no lack of faith in God. The person who places himself and his life in the keeping of God knows that all is well. He has no anxiety as to how God will work or how God will solve his problems.

Are you anxious today about the outcome of your affairs or about the conduct of some loved one? Then turn from anxiety, give up any lack of trust, cease to repine. Your anxiety must change to joy before the situation can be relieved—joy founded upon looking heavenward and beholding your aid, your solution, appearing in the heavens of spiritual consciousness.

Has your prayer ever been answered at a time of anxiety? Rather, did not the answer come when you ceased to be anxious and raised your eyes to heaven with perfect trust? Do you know that anxiety is but a fear that persons and things will thwart the work of God, fear that something will prove too much for the omnipotence of God? Let your anxiety give way to perfect trust and supreme faith.

Cast thy burden upon Jehovah, and he will sustain thee.—*Psalms 55:22.*

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SATURDAY, NOVEMBER 2

My Keynote for Today: *The eyes of Spirit back of my physical eyes are perfect eyes. Looking through them, I find that my physical eyes are clear and strong.*



THROUGH spiritual eyes we behold a spiritual world, a world of perfection and beauty. These eyes have been called the windows of the soul for they are the outlook of spiritual consciousness. If we should always look with these eyes we should behold perfect creations—perfect men, a perfect universe. By looking through physical eyes blurred by malicious thinking, by ignorance of Truth, we seem to see men imperfect and distorted.

The physical eyes, if recognized as closely related to the spiritual vision, become channels through which spiritual vision expresses itself. If we would improve physical vision we must increase our consciousness of seeing spiritually, beholding persons and things in their innate perfection. When we cease to have in consciousness the belief that men are imperfect we shall cease to see imperfection.

Our eyes become clear and strong when we learn to hold in mind the clear and strong image of perfection. We receive sight when our vision is directed heavenward.

Immediately their eyes received sight.—*Matt. 20:34 (A. V.).*

SUNDAY, NOVEMBER 3

My Keynote for Today: *The power of God—the power of good, health, and love—is the one and only power in my life.*



THE MAN who lacks an understanding of the truth of his being, of his relation to God, drops into a state of mind in which he considers himself as under the power of evil, disease, and hate. He thinks of these as having reality, presence, and power. He lives in a world in which ignorance relates him to adversity, a world seemingly devoid of God.

Think of the one and only power as the power of God and of any seeming power opposing God as simply counterfeit. Give less thought to the power of evil, disease, and hate, and you will find that these have no power over you. The power of God expressing itself as good, health, and love will rule your life completely.

The way to take from evil the power that it seems to have is to think of the power of God. Recognize every evidence of good, every manifestation of health, as an expression of God. Know that, since you know the truth that in reality God is the one and only power, henceforth only God can have power.

Let every soul be in subjection to the higher powers: for there is no power but of God.—*Rom. 13:1.*

MONDAY, NOVEMBER 4

My Keynote for Today: I press forward fearlessly and courageously because, in Truth, there is nothing to fear. The courage of God fills me completely.

HOW SHALL we cast out fear? How shall we get rid of the beliefs that persons, things, and external conditions can harm us or subjugate us?

Fear is primarily mental and that which seems to be a person or a thing which we fear is simply a belief. Like the seeming ghosts in the dark that inspire fear but lose their power to frighten when their nothingness is revealed by the light, so are the fears that haunt one in the darkness of ignorance as nothing to him when he enters the light of Truth.

When fear is seen as mental then it is easily overcome. The thought of fear is replaced by the thought of courage. Instead of trying to rectify things in the outer world we should correct our own thought, with the result that things in the outer world will change. As the fear that has been dominating us is transformed to fearlessness, outer conditions likewise change. We discover that there is nothing in the outer world to make us afraid. The thing that caused fear has disappeared.

Whom shall I fear?

Jehovah is the strength of my life.

—*Psalms 27:1.*

TUESDAY, NOVEMBER 5

My Keynote for Today: I give up every belief in age and rise to the consciousness of eternal youth. Christ within me is ever renewing, ever regenerating, me.

IN TRUTH there is no age. There is only the timeless time of Spirit. Man is a spiritual being unaffected by the belief in age or time. Man is one with God, the ever renewing Principle of life. In Truth, there are no years, no birthdays, no changes. Man is ever young, ever expressing the youthful Spirit of God implanted within him at the beginning.

You are the expression of the One who is eternal, untouched by man's belief in time. You are the child of God, the child of health and eternal life. You are above any belief that would bind you to years. Your youth is eternal.

Your mind is constantly being refreshed by new and youthful ideas. Your thought is stimulated by the ever renewing ideas of an ever renewing Mind. Your body manifests the youthful ideas of Spirit and, consequently, is eternally made young.

Your world is a world of youth and beauty. All about you, you find an environment in which you are at peace. Your ideals are now fulfilled.

Let no man despise thy youth; but be thou an ensample to them that believe, in word, in manner of life, in love, in faith, in purity.—*I Tim. 4:12.*

WEDNESDAY, NOVEMBER 6

My Keynote for Today: *I am not under bondage to any external thing. I am free with the freedom of Christ within me.*



F YOU would be free, free yourself from all belief that any person, thing, or circumstance can enslave you to it. Be free from every belief that you are bound or limited by outer things.

Instead of giving any thought to the race belief that man can be hindered in his expression, think of man's freedom in Spirit. Think of him as free to live life to the fullest. Think of yourself as one with perfect freedom, as one with unrestricted power to express the life of God within you.

Give up thinking of external things as having power to repress the Spirit of God within you. Cease to think of yourself as hemmed in by laws and restrictions. Think of ideal freedom and of yourself as expressing such freedom. The freedom of Spirit is your freedom. The free-flowing life of God within you circulates easily and fully. Your divine self is absolutely free, free to express—to live, to move, and to grow.

In Spirit you are now free and all that you do expresses the freedom of Spirit.

I shall walk at liberty;

For I have sought thy precepts.

—*Psalms 119:45.*

THURSDAY, NOVEMBER 7

My Keynote for Today: I have no relation to the belief in evil and evil has no place in my life. My mind and my world are filled with God, the good—good ever appearing in ever increasing measure.



IF WE believe in evil as something having reality, existence, being, and place in our lives, we make room for it. If we think of evil as more than a false belief, we seemingly empower it with ability to appear.

If we think of evil, sin, disease, or lack as coexistent with God we must think of them as having qualities similar to God. We think of them as having place and power, omnipresence and omnipotence. God, to us, ceases to be the one and only God—the only power, presence, and reality—when we consider evil as an opposite to God.

In order to fill our world with good we must fill our minds with thoughts of God, the good. Our eyes must be upon Him if we would have Him appear as good in our world. We must think of Him as All-good, all the good that there is, beside whom no other power can exist.

In Spirit, only good has reality, only good can exist, appear, and endure.

Imitate not that which is evil, but that which is good. He that doeth good is of God: he that doeth evil hath not seen God.—III John 11.

FRIDAY, NOVEMBER 8

My Keynote for Today: I cease to think of injustice as related to me in any way. God, divine justice, is my standard in all things.

HOW EASY it is for a person to believe in injustice if he is not centered in Truth! He may think either that others are dealing unjustly with him or that he can harm others through unjust dealing.

Injustice becomes a reality to you only to the extent that you allow yourself to believe in arguments in its behalf. If you allow your mind to dwell upon the thought that another is unjust to you, you build up a consciousness of injustice. You open the way for your belief in injustice to materialize.

The way to get rid of injustice is to get rid of the consciousness of personality. Get out of the consciousness wherein you believe that other persons are affecting your life. Cease to think of any adversities that are appearing in your life as the work of others. Get rid of personal consciousness and most of your worries and troubles will be over. You will open the way for divine justice to do its perfect work.

What doth Jehovah require of thee, but to do justly, and to love kindness, and to walk humbly with thy God?—*Micah 6:8.*

SATURDAY, NOVEMBER 9

My Keynote for Today : I have no desire to condemn or criticize myself or others. I abide in the consciousness wherein I am aware of only the perfection of man.

IF YOU would cure yourself of the habit of criticizing or condemning yourself or those about you, change your mind completely. Instead of living in the attitude of mind wherein you see the faults of others or of yourself, rise to the consciousness wherein man may be seen in perfection.

"But," you say, "these imperfections exist. I am justified in condemning them." Remember that they exist in the lower consciousness wherein they appear. In personal consciousness man does not wait to be justified for condemning others: he just takes the liberty.

In the higher consciousness you do not see shortcomings. You behold man as he is in Truth, in the sight of God—whole and perfect. In the Christ consciousness, that in which healing takes place, you can see perfection so clearly in Spirit that you find it taking place in manifestation. Your duty, then, is to live in the consciousness through which you can cause perfection and healing to spring forth. You should always see yourself and others as you are in Spirit.

Neither do I condemn thee: go thy way.—*John 8:11.*

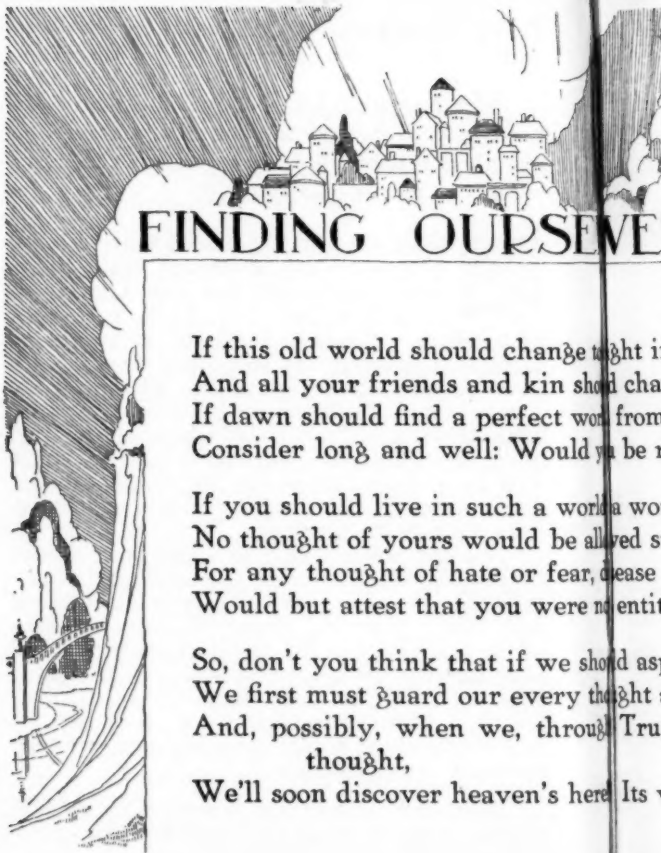
My Keynote for Today: *I give up all tendency to be irritable or quarrelsome. I am unified with all persons through the harmonizing power of Spirit.*



INSTEAD of being moved to irritability over some trivial matter, learn to reverse the thought that would make you combative and turn it into a thought of harmony. Cease to think of the person or thing that seems to vex you, and deal only with your thought about him or it. Recognize the fact that you are being irritated by a quarrelsome thought instead of by a person or thing, and you can easily rise out of the difficulty. You learn to exchange the troublesome belief for a harmonious thought. Your combativeness changes to harmony.

Nations will never rise above war simply by meeting each other on the battlefield whenever there is some issue over which to quarrel and fight. War will disappear from the face of the earth only as the result of deliberate and sane agreements to banish war. In the same way, the individual must deliberate sanely over his every tendency to be warlike. He must rise in thought to the higher consciousness in which harmony rules supreme.

They shall not hurt nor destroy in all my holy mountain; for the earth shall be full of the knowledge of Jehovah.—*Isa. 11:9.*



FINDING OURSELVES

If this old world should change tonight
And all your friends and kin should change
If dawn should find a perfect world from
Consider long and well: Would you be

If you should live in such a world a world
No thought of yours would be allowed
For any thought of hate or fear, disease
Would but attest that you were not entitled

So, don't you think that if we should
We first must guard our every thought
And, possibly, when we, through Truth
thought,

We'll soon discover heaven's here Its



SEVES IN HEAVEN

ge tought into a heavenly place,
 n shoud change to some angelic race,
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 uld ya be ready for the change?

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here Its vision will be caught.



My Keynote for Today: The peace of God pervades my mind, body, and affairs, and I live in a world of perfect peace.



HOSE WHO would live in peace, who would know the profound peace of God, must exclude from their thinking every peace-destroying thought. They must guard their minds so that no belief antagonistic to peace may find lodgment therein. In the world of peace there is no place for in-harmony, hate, or war. Those who would have an environment of peace must first find mental peace.

If you are looking for the perfect world, the ideal world, seek it through a consciousness of peace. Become so filled with peace that you live in a world in which peace reigns supreme. Dismiss from mind any belief not in harmony with peace.

A world of peace conveys to us a picture of perfect quietness, harmony, and right relations. All things are divinely adjusted in such a world. All situations are related to each other so as to make universal peace and harmony. All persons are harmoniously joined through the bonds of love and peace. What an ideal world! How easily it can come into manifestation and how readily we can enter into it.

Be of the same mind; live in peace: and the God of love and peace shall be with you.—II Cor. 13:11.

TUESDAY, NOVEMBER 12

My Keynote for Today: No longer looking to any external place or to any future time for heaven, I find the kingdom of God—the kingdom of peace, joy, health, and plenty—within me.

HAVE YOU learned to cease looking to external things to bring you happiness? Have you ceased to expect to find heaven in some other part of the universe? Have you given up the old idea that heaven must appear in the hereafter? Do you still think of heaven as some place merited by those who die, some place entered only through sickness or death?

If you have given up these ideas, then you are ready to understand Truth. You are ready to accept the teachings of Jesus, of Him who knew the way to heaven and became the Way-shower for us. You are ready to find heaven not in some far-away spot, not at some future time, but here and now.

Wherever you are, whatever the time, you can find the kingdom of God. Is this not a natural supposition? Does it not ring true as an absolute truth? Yes, you can enter heaven through high and noble thought, but not through a diseased mind or a diseased body. By thinking heavenward, you enter heaven.

Neither shall they say, Lo, here! or, There! for the kingdom of God is within you.—*Luke 17:21.*

WEDNESDAY, NOVEMBER 13

My Keynote for Today: *Every person who comes to me, every situation in my life, must yield me some blessing. On every hand, I find evidence that God is blessing me bountifully.*



LEARN to live in that world in which blessings appear in bountiful measure. In that world, in the consciousness of heavenly things, every person that comes to you, every situation in which you find yourself, must bear you a blessing. Possibly among your friends you have noticed those who are always receiving blessings of some kind. You have observed that they always receive the best in life, always attract to themselves gifts, prizes, and blessings. Only the consciousness of our relation to God and to His blessings can attract good things to us.

As we look for evidence that God's blessings are being poured out upon us, we find them appearing in our life. They come into manifestation as we turn our eyes heavenward—inward—to behold them. The blessings of peace, joy, health, and plenty appear when we learn to live in the realization that they are ours to enjoy here and now. We know that God's richest blessings are our own.

I know that, when I come unto you, I shall come in the fulness of the blessing of Christ.—*Rom. 15:29.*

THURSDAY, NOVEMBER 14

My Keynote for Today: *I do not live in unpleasant memories of the past, neither do I try to live in the future. I recognize the present moment as the only time, and I live in the eternal now.*



THOSE who live in the past or try to live in the future do not live in Spirit. They but live in a sense of relative values of time, since in Truth neither the past nor the future exists. You can readily see that the only time is the present moment—the only time that *is*, since the past *has been*, and the future *has not become*, time.

Those who try to live in any other time save the present moment miss the blessings of the eternal now. In the now a person may enjoy present fulfillment. He cannot enjoy this in the future, neither can he enjoy it if it has been in the past.

The only time to consider is not even today, but the very present moment. If you will learn to live in it, the present moment has power to relieve you from all belief in time. You will be relieved from all sense of doing without things that you need, those that you have expected to appear at some future time, if you take the attitude of enjoying them at the present moment.

There should be time no longer.—*Rev. 10:6*
(A. V.).

My Keynote for Today: I am not subject to any law of sickness, misfortune, or adversity. The law of God—the law of health, peace, and plenty—rules and governs me and my life.

WE FREE ourselves from belief in the cause and effect of so-called negative and adverse laws when we learn to recognize but one God and one law, the law of Good. If we think that persons or things can keep us from being peaceful, healthy, and prosperous, then we make another law for ourselves, a law that says: The power of external things is greater than the omnipotence of God, the good, within us. We can see that Truth must free us from such a negative belief and that we must learn to be ruled and governed solely by God, the good.

To a person who is in the high consciousness of Truth and Spirit, there is no law but the law of good; no cause and effect but the cause and effect of knowing Truth; no law or principle but God, divine law and principle; no laws of sickness and death, only the law of life, the law of God.

Cease to feel that you are governed by any adverse law and know the truth that only the law of Spirit—the law of life, peace, and plenty—can govern you, your life, and your affairs.

We know that the law is spiritual.—Rom. 7:14.

SATURDAY, NOVEMBER 16

My Keynote for Today: *Christ, my understanding of Truth, delivers me from all bondage to ignorance, superstition, and fear. Christ is my savior, my deliverer.*



THE CHRIST TRUTH, taught by the great Teacher, Jesus Christ, is man's deliverance from every form of bondage. This truth is man's liberator from every condition of adversity. Jesus came to a world of slavery, one in which men were enslaved by their own negative beliefs, held captive by a sort of self-hypnosis. Jesus broke the power of mesmeric beliefs, substituting for them the truth about man's freedom, his oneness with God, his perfect liberty.

Jesus found a world of men who had submerged themselves in the horrors of adverse beliefs—sin, disease, and poverty. They were like angels or gods who had fallen into the black pits of ignorance and disease. Their rescue and deliverance could come only through the medium of Truth. The Christ Truth revealed the untruth of their false beliefs and established the truth of their divine selfhood. Jesus came to be known as a savior, a deliverer, because He brought to men the truth of their relation to God.

Blessed be Jehovah . . .

My high tower, and my deliverer.

—*Psalms 144:1, 2.*

SUNDAY, NOVEMBER 17

My Keynote for Today: I am unaffected by what other persons say or do. I abide in the impersonal, universal consciousness of Spirit.



IF WE think of any person as having power to injure us or to limit our happiness, then we cease to think of God within us as having all power. If we look to the personal man as having power over the impersonal, universal Spirit within us, then we drop into personal consciousness, an attitude of mind wherein persons are given power to limit our good.

In the impersonal consciousness we see other persons as divested of all power to harm. We see them as they are in Spirit, impersonal and spiritually awake. We are neither repelled by them nor attracted to them because of their personality. We are drawn to them because of Spirit within them, Spirit kindred to Spirit within us.

In the universal consciousness of Spirit we think of all persons in the same way. There is no high, no low, no better, no worse. All are on the same level. All are impersonally related to God, the supreme Person, to whom all persons must aspire.

Of a Truth I perceive that God is no respecter of persons.—*Acts 10:34.*

MONDAY, NOVEMBER 18

My Keynote for Today: I do not doubt the power of Spirit within me. I have faith in my inherent power to do mighty works.



EVER think of yourself as unable to do anything that you should do. Do not doubt your own ability, through Spirit, to accomplish anything that you undertake. Do not be a doubter.

When we have faith in God we have a certain feeling that we are loyal to Him and that He is loyal to us. He is like a friend whose hand is in ours right at the time of need. Our faith seems to make a bond of unity, and we join ourselves with a higher power, mighty to see us through all situations.

Faith in God gives us a sense of substance, a feeling that we are grounded in something that will not waver, a realization that within us is something that is enduring and unaffected by the capricious winds of change and chance. When a person is established, he is unwavering; he is solidly grounded in a knowledge that cannot be affected by doubt or unbelief.

Increase your faith in God and in yourself by rising out of doubt and by turning often to Spirit within you.

. Now faith is a confident assurance of that for which we hope, a conviction of the reality of things which we do not see.—*Heb. 11:1 (Weymouth version).*

TUESDAY, NOVEMBER 19

My Keynote for Today: *The word of the Lord is the light of my life.*

This statement is the Silent Unity illumination word to be used from November 20 to December 19.

THE WORD of the Lord is the authority of Truth. The word is the divine fiat issuing from the heart of the Creator. Invested in the word are two things: intelligence of Truth and the power to create. It is this intelligence that causes the light to break forth. Scattering the darkness of ignorance, superstition, and fear, the word causes light to appear.

When man reaches spiritual consciousness he perceives the full meaning of the word. He understands Truth because he enters into the consciousness of Divine Mind. As he meditates upon Truth, he perceives the power and authority of the word. He understands the illuminating power of the word because his own consciousness becomes illumined.

An understanding of Truth will cause your whole being to be flooded with light. You will no longer be in a confused state of mind, undecided, ignorant, and without intelligence. The word will prove a light upon your path as you become more and more conscious of the power of the word.

Thy word is a lamp unto my feet,
And light unto my path.

—*Psalms 119:105.*

WEDNESDAY, NOVEMBER 20

My Keynote for Today: My thoughts of Truth are forming the mind of Christ in me, and I am healed.

This statement is the Silent Unity healing word to be used from November 20 to December 19.



AS WE continue to think thoughts of Truth we build up the Christ consciousness. Every thought of Truth contributes its power toward building up a state of mind like unto the mind of Christ, the mind of Truth, the healing consciousness.

The mind of Christ, the mind of perfect man, expressed itself in Jesus Christ and we think of the man Jesus as identified with Divine Mind so closely that He took on the divine characteristics of His Father divine. As we become filled with Christlike thoughts, we become like unto Jesus Christ and God, the Father.

Having excluded every negative belief from mind, we find that we have the mind of Christ, the consciousness through which we aspire to know the truth of perfect Being. In this consciousness we are healed of negative beliefs and of physical limitations. This healing consciousness expresses itself in the physical body as perfect health, and healing results. Through Christ we have been healed. Through His mind we have been lifted up to the presence of God.

Have this mind in you, which was also in Christ Jesus.—*Phil. 2:5.*

THURSDAY, NOVEMBER 21

My Keynote for Today: My thoughts of abundant Spirit substance are organized in my mind, and prosperity is made manifest in my affairs.

This statement is the Silent Unity prosperity word to be used from November 20 to December 19.



THINKING of the rich substance of Spirit, we turn from all belief in lack. We cease to believe that God as plenty is ever absent from His perfect world of plenty. We no longer believe that our heavenly Father is ever lacking in supply for us, His children. We enter into a high consciousness in which we perceive lack as the result of lack of understanding, not as the outcome of a lack of supply.

In the higher realms of mind and Spirit, we realize the omnipresence of substance, the all-pervading supply and prosperity of Spirit. Knowing the truth about prosperity, we eventually find ourselves identified with it in manifestation. That which we have perceived in mind we discover expressed in visibility. Our affairs begin to take on the character of prosperity. We feel that God as bountiful substance is making Himself visible in all our affairs. We are blessed by His consciousness, His presence, His prosperity.

Honor Jehovah with thy substance.—*Prov. 3:9.*

FRIDAY, NOVEMBER 22

My Keynote for Today: *All sorrow and depression are removed from my heart because it is overflowing with the joy of the Lord.*



WE GAIN an abiding sense of joy when we learn that real joy is constant, never changing, never leaving us. Such joy is not dependent upon outer things, persons, or conditions. Joy of this kind, a joy founded upon Spirit within us, cannot be shaken by things of the outer world.

Sorrow comes from a belief that a person can be separated from God, from joy and happiness. Such sorrow appears when some external thing shows change, when change appears in the thing that has seemed to bring joy.

We can see that the relief from sorrow and depression comes when we are established in joy. At the center of our being is the spirit of joy, the spirit of life and happiness. This spirit is living and seeks to express itself through us. When we feel an inner joy, we may know that we have identified ourselves with the spirit of joy and that it is expressing itself through us.

When you seem to lack joy, turn from the outer thing that would destroy joy; turn within to Spirit, and joy will be bestowed upon you.

My joy therefore is made full.—*John 3:29.*

My Keynote for Today: I free myself from all mental and physical tension by relaxing in the presence of God—the presence of peace and harmony.

IF YOU ARE in a mental tension seek first to remove the offending thought, whatever it may be; then replace it by a thought of peace and harmony. Transform the feeling of tension into one of relaxation.

The student of practical Christianity knows how to turn from thinking negative thoughts and how to change his mental attitude by thinking thoughts of truth, peace, and harmony. He knows how to become still, how to enter into the secret place of the Most High, how to become so quiet that he feels the very presence of God.

Relaxation is very essential to peace and health. Through relaxation a person bridges the gap between inharmony and peace, disease and health. He breaks the connection that unites him with inharmony and disease.

Relaxation gives one a sense of mastery. This feeling comes through knowing that outer conditions cannot master. The person established in Truth finds in the stillness of inner knowing that he is master over all things of the external world.

Ye shall find rest for your souls.—Jer. 6:16.

SUNDAY, NOVEMBER 24

My Keynote for Today: *In the knowledge of my oneness with all persons and all life, I am unified with all that is good, loving, living, and true.*



CAN YOU allow yourself to feel any sense of separation from God, from other persons, or from other expressions of life? Can you believe in disunity when once you have perceived the truth of universal unity? Knowing that the One back of all creation is inseparably united with all that is living, can you again feel detached from God, all good, all life, all the universe?

In the higher realms of mind and of Spirit you must rise above every belief in separation, prejudice, nationalism, sectarianism, and clan-nishness. You must see yourself as one of a vast throng of souls, aspiring heavenward. You must be ready to inspire any one who falls discouraged by the way. You must be alert to help another banish from his mind any belief that would hinder for him the coming of the kingdom of heaven, universal unity, impersonal love made manifest.

Only in unity, unity with God and His creation, can men go forward and upward.

He made of one every nation of men to dwell on all the face of the earth.—*Acts 17:26.*

MONDAY, NOVEMBER 25

My Keynote for Today: *All hate and bitterness are erased from my consciousness, since I abide in love—loving life, loving Truth, loving God.*

THERE IS but one antidote for hate: that is love. The heart that is filled with hate and bitterness can be relieved of its poison only by applying love unceasingly and unstintingly. Love may be considered a universal remedy.

When the thought of disliking another comes to your mind, refuse to accept it as your own thought. Make love your thought. Transform your dislike for another by thinking thoughts of love. Remember that you are never justified in disliking or hating any one. Your impression of a person may be the source of your dislike, but the person himself should never be the object of your scorn.

When other things fail to solve your personal problem, try love. Your loving Spirit within you, the higher something that gives you hope and faith, will give you an inspiration to go on in your work. Your loving others will broaden your sphere of life. The loving person is sure to succeed because others are drawn to him and take delight in his success.

Love makes life worth living.

We know that to them that love God all things work together for good.—*Rom. 8:28.*

TUESDAY, NOVEMBER 26

My Keynote for Today: *The presence of the abundant, eternal life of Christ at the heart of my being fills and thrills me with abundant life.*



THE LIFE of Spirit at the heart of your being is unaffected by disease or death. Only as you try to live independently of Spirit do you succeed in separating yourself from life. Death results when a person breaks the contact that connects him with the life of Spirit.

Think of the life of Christ as a living presence at the heart of your being. Know that it is eternally alive, eternally seeking to express itself through you as more abundant life. Your health is but the outer expression of your inner realization of oneness with this life.

When you seem to lack life, turn to this inner presence of life and feel it filling and thrilling you with more life. Know that the fountain of life cannot be depleted. The more life you receive from it the more life will be expressed through you. Your life and health depend upon this inner life and you are healthy just to the extent that you can consciously feel its presence.

Christ liveth in me: and that *life* which I now live in the flesh I live in faith, *the faith* which is in the Son of God.—*Gal. 2:20.*

My Keynote for Today: *The Spirit of the Lord goes before me, removes every obstacle from my path, and guides my every step.*

LIFE takes on a new meaning to us when we know that we are doing just the thing that we should do, walking in the right path, making the right decisions, being guided by the Spirit of wisdom and good judgment. Have you not longed for some one to be close at hand to advise you and to help you in your decisions? You have that One right at hand, closer to you than you probably suspect.

When you want to know just what to do, try to get perfectly still, relieving yourself of all anxiety and indecision and clearing your thought of all feeling of uncertainty. The something that is called intuition or conscience, Spirit within you, will reveal your path to you. You may be sure that, when Spirit directs you, you cannot make a mistake.

How natural it is for us to know the step that we should take! How necessary it is for man to have implanted within him the spirit of wisdom and good judgment! Could man be created perfect without having this guiding light?

Righteousness shall go before him,
And shall make his footsteps a way to walk in.
—Psalms 85:13.

THURSDAY, NOVEMBER 28

My Keynote for Today: *For every evidence of the bounty of God and for every invisible expression of God's love, I am thankful!*



WHAT A REWARD there is for the one who is grateful and appreciative! How blessings draw to the one who is thankful for them! They come to him in a measure "pressed down, shaken together, running over."

The thankful spirit helps us to find things in our lives for which we can be thankful. The blessings that come to us reveal other blessings. Counting them tends to increase their number. We find that our appreciation and gratefulness are but characteristics of spiritual consciousness through which further blessings are brought into visibility.

We may feel that we are thankful for many things, but the things that we see are but a form of expression of the deeper things in life—those eternal verities that we call love, life, and Truth. We may be thankful that we possess something, but, if it comes to us as a gift, we are really appreciative of the love that prompted it. In Truth, we find that every blessing is a gift, bestowed upon us by God.

In everything by prayer and supplication with thanksgiving let your requests be made known unto God.—*Phil. 4:6.*

FRIDAY, NOVEMBER 29

My Keynote for Today: Knowing the Truth of God, the truth of my relation to God and to all things, I discipline my thoughts to think only Truth.



AS WE understand the nature of thoughts and their results, we become interested in disciplining our thinking. We cease to think thoughts that are negative and limited, so that we may think the thoughts of God, thoughts of Truth.

Truth is the philosophy or science of living. Just as the student of mathematics makes mistakes in his problems if he does not know and apply the laws of mathematics, so does the student of life make mistakes in living if he does not know and apply the laws of the truth of Being.

The student of Truth has a blue print for his thoughts and acts. He has a standard to follow, something to which his thoughts must conform. Meditating upon the truth makes it easy for us to appreciate and understand Truth.

The truth about your relation to God is the most important truth in the universe, since all else depends upon this. Without knowing Truth, you are like a man in a wilderness. Knowing Truth, you are akin to God.

Search me, O God, and know my heart:
Try me, and know my thoughts.

—Psalms 139:23.

SATURDAY, NOVEMBER 30

My Keynote for Today: Relieving my mind of all belief in disease and weakness, I redeem my body from physical limitation. My body is the temple of the living God.

GIVING up limiting thoughts about the body, we relieve it from that which would cause disease and weakness to appear. Casting out of mind beliefs in physical limitations, we free the body from belief in physical limitation of any kind.

Instead of condemning your body or of thinking of it as sinful and diseased, take the opposite stand. Know it for what it is in Truth: the temple of the living God. Know that God fills your body with health, life, and strength.

Your body will go through a refining and spiritualizing process as you meditate upon Truth. As you think of your body as the temple of God, you will lose all the old ideas of weakness and disease. You will come to know your body as it is in Spirit and in Truth. You will know it as something spiritual, since it will become the objectification of spiritual thought.

Bless your body with thoughts of Truth and see it, in turn, become a blessing to you.

Waiting for our adoption, to wit, the redemption of our body.—*Rom. 8:23.*

SHE LIKES "BEGINNING AGAIN"

Read what one of our students says:

"I wish to thank you from my heart for the inspirational message in your booklet, 'Beginning Again.' The booklet contains one of the most illuminating series of articles on Truth that has yet come into my possession. Its style is very clear, concise, and simple, and it is very heartening. It lifts one up to the true estate of man, and has been to me a great help in making me realize the oneness of man with his Source and Father. I have already sent a copy of this rare and beautiful realization of yours as a birthday gift to a friend and I shall want many copies to send out at Christmas."

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REMEMBER

by
Lowell Fillmore

For a number of years our readers have been asking that "Things to Be Remembered" be published in book form. As the requests became more insistent, Mr. Fillmore began to work on this book. A few days ago he announced that he had sent *Remember* to the printers and that it would be ready for Christmas sales.

Remember is taken from "Things to Be Remembered," the popular series that runs in *Weekly Unity*. All articles that have run in that series were considered, but only those that have proved to be the most helpful were chosen for this book.

We cannot tell you the exact publishing date of *Remember*, but we can promise you that it will be ready in time to fill all Christmas orders. It will be cloth bound and priced at \$1.

No doubt you will want several copies of *Remember* to send to your friends this Christmas, as well as a copy for yourself. We cannot urge you too strongly to get your order in at once. All orders will be filed as they reach us, and will be filled just as quickly as *Remember* is off the press.

**Put REMEMBER at the head of
your Christmas List**

THANKS!

Thanks for dawn and sunrise rare!
Thanks for twilight, evening prayer!
Thanks for all things understood!
Thanks for every kind of good!
Thanks for evidence of wealth!
Thanks for life and thanks for health!
Thanks for love and thanks for peace!
Thanks for joys that never cease!

IN THE DECEMBER NUMBER:

"Becoming Health-Minded"

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